COPD Foundation Harmonicas for Health ™

Play Along With Us

Summer 2021
What is Harmonicas for Health?

- The first nationwide harmonica program created especially for individuals with COPD and other chronic lung conditions.
- Used in group settings and by individuals at home
- An engaging way to encourage breathing exercises
- Something everyone can enjoy
Physical Benefits

• Exercises your breathing muscles, mainly your diaphragm
• Exercises your abdominal muscles
• Helps you maintain good posture – better for breathing

Emotional Benefits

• Relieves stress
• Improves feelings of independence
• Encourages patience and purpose
• Gives us a sense of accomplishment
• Playing harmonica is FUN!
## Tips for Getting Started

<table>
<thead>
<tr>
<th>Tip</th>
<th>Description</th>
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<tbody>
<tr>
<td>Lip balm can make playing harmonica easier</td>
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<tr>
<td>Keep a washcloth nearby to tap moisture from your instrument</td>
<td>between exercises or songs</td>
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<tr>
<td>Avoid eating right before playing</td>
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<tr>
<td>Drink water during your harmonica practice</td>
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<tr>
<td>Remember to put your instrument away DRY</td>
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Playing the Harmonica

Reading the Notes

An up arrow ↑ = Blow (exhale). A down arrow ↓ = Draw (inhale).

DRAW-BLOW-DRAW-BLOW
↓   ↑  ↓  ↑

An arrow going down is like air going down into your lungs (inhale=draw). An arrow going up is like air coming out of your lungs (exhale=blow).
Welcome!

Oh, Susanna!

My banjo on my knee.

And I’m goin’ to Louisiana.

My true love for to see.
Playing a Song

Oh, Susanna!

4 4 5 6 6 6 6 5 4
Oh I've come from Al - abam - a with

5 5 6 6
Oh Su - san - a

4 5 5 4 4 4
My ban - jo on my knee.

6 6 6 5 4 4
Now don't you cry for me

4 4 5 6 6 6 6 5 4
And I'm goin' to Lou - si - an - a

4 4 5 6 6 6 6 5 4
Oh I've come from Al - abam - a with

4 5 5 4 4 4
My true love for to see.

4 5 5 4 4 4
My ban - jo on my knee.
Playing a Song

This Old Man

This old man, he played one.
He played knick-knack on my drum.

With a knick-knack paddywhack, give the dog a bone

This old man came rolling home.
thank you

For ordering information, email us at:
info@copdfoundation.org